

GLP-1 Friendly Grocery Guide

A physician-curated shopping list to support appetite control, steady energy, and sustainable weight loss while on GLP-1 therapy.

Lean Proteins

- Chicken breast & thighs (skinless)
- Turkey breast & ground turkey (93/7)
- Salmon, cod, tilapia, shrimp
- Eggs & egg whites
- Greek yogurt (plain, 2% or full-fat)
- Cottage cheese (low-sodium)
- Tofu, tempeh, edamame
- Whey or plant-based protein powder

High-Fiber Vegetables

- Broccoli, cauliflower, Brussels sprouts
- Spinach, kale, arugula, mixed greens
- Bell peppers, zucchini, asparagus
- Cucumber, celery, tomatoes
- Mushrooms, onions, garlic

Smart Carbs

- Quinoa, brown rice, farro
- Sweet potatoes & regular potatoes
- Oats (steel-cut or rolled)

- Beans & lentils (black, chickpea, red)
- Whole-grain bread & wraps (minimal ingredients)

Healthy Fats

- Avocados
- Olive oil & avocado oil
- Nuts: almonds, walnuts, pistachios (unsalted)
- Seeds: chia, flax, pumpkin, sunflower
- Natural nut butters (no added sugar)

Beverages & Extras

- Water (still or sparkling)
- Herbal teas & green tea
- Bone broth (low-sodium)
- Berries: blueberries, raspberries, strawberries
- Lemons & limes for flavoring water

Shopping Tips

Shop the perimeter first. Fresh produce, proteins, and dairy line the outer walls of most grocery stores. The center aisles tend to hold more processed items.

Read ingredient lists. If you can't pronounce it, your body probably doesn't need it. Aim for 5 ingredients or fewer on packaged foods.

Prep ahead. Wash and chop vegetables as soon as you get home. Cook a batch of grains and a few proteins on Sunday so assembly is instant during the week.

Don't shop hungry. GLP-1 medications reduce appetite, but old habits die hard. Eat a small protein snack before you shop to stay focused.

This guide was prepared by the Rejuviya Clinical Team for educational purposes. Always follow your prescribing clinician's

specific dietary recommendations.